

M AHVRP

Midwest Association for Healthcare
Volunteer Resource Professionals

Midwest Association for Healthcare **Volunteer**
Resource Professionals
Established 1968
A Missouri Hospital Association Professional
Membership Group
An AHVRP Affiliated Group



Notes from our President Valerie Weber, Capital Regional Medical Center, Jefferson City, MO

Where did the summer go? I do not know about you, but my schedule just seems to fly by each day. Do you find yourself overwhelmed by the number and complexity of projects you have that need to be completed at work each day? Do you often feel the day flies by without your devoting the necessary attention to each assignment because other tasks keep landing on your desk, co-workers & volunteers interrupt you with questions or you can't get it all organized? But how do you get back on track? Here are

some simple suggestions to time management...easier said than done. **Plan each day. Prioritize your tasks. Say no to non-essential tasks. Delegate. Take the time you need to do a quality job. Break large, time-consuming tasks into smaller tasks. Evaluate how you're spending your time. Limit distractions. Get plenty of sleep, have a healthy diet and exercise regularly. Take a break when needed.** We must remember that unless we take care of ourselves, we will not be any good for

anyone.

"Don't ask yourself what **the world** needs. Ask yourself what makes you come alive, and then go do that. Because what the world needs are people who have come alive."

- Harold Whitman



MHA and MAHVRP have planned a wonderful conference. Hope to see you at Tan-Tar-A Nov. 4-6.

Sincerely,
Valerie

Check out our website:
www.mahvrp.org

September 2009 Issue

Please consider the environment before printing this newsletter.

Special points of interest:

- © November 4-6, 2009 MAHVRP Board meeting and Missouri Hospital Association Conference, Tan Tar A, Lake of the Ozarks, MO. See article on pages 1-2.
- © Watch for email notices of MAHVRP elections online in **October**.
- © Applications for fall conference scholarships **now available** at www.mahvrp.org.

Need a tropical getaway? Read on...

by Linda McIntosh

"EDUCATION CORNER"

**MHA Fall Conference, November 4-6, 2009
Tan-Tar-A, Osage Beach**

The winds of change will be blowing in soon which means MHA Fall Conference is just around the corner. MHA's theme for 2009 is "Renewed Purpose-Inspired Care", so what better way to feel renewed and inspired than an **Island Get-Away!** Our room will be decorated with an is-

land feel. This is your fair warning: ply yourself with Advil Wednesday morning so your hips will be prepared to hula!

Conference highlights are:

Wed, Nov 4

- MAHVRP Board Meeting
- Informal lunch at Black Bear Restaurant for all
- A word from our sponsors
- "The Good, The Bad, The Reality...Working with Different Generations" Kathy Hoff, Children's Mercy Hospital, Kansas City, MO

- "Roundtable Discussions/Questions" Linda McIntosh, Freeman Health System, Joplin, MO

Thurs, Nov 5

- MHA Opening General Session "The Art of Possibility" Benjamin Zander
- "Unleash Your Potential! How to Get the Best From Yourself and Your Volunteers" Shari Peace, President, Peace Talks, Dayton, Ohio
- Awards Luncheon

See page 2 Green section

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"Serving America and other tidbits" from our MAHVRP Secretary... Kathy Hoff

Summer student volunteers have come and gone again at our hospitals. Are you exhausted or reenergized? I have to say it was encouraging to see so many bright minds wanting to "serve" this summer. These are our future doctors, nurses, OT/PT therapists, and more. Just think - they will be taking care of us someday! So the experiences we can offer them now can only help the future.

Speaking of the future, be sure you keep up with Obama's *Serve America Act*, which goes into effect on October 1, 2009. During the signing ceremony in April, President Obama stated, "I ask every American to make an enduring commitment to serving your community and your country in whatever way you

can." This is an opportunity for volunteer resource managers to strengthen their programs, influence their communities by implementing the Act, and achieve results like we never have before.

If we embrace the diversity of populations that want to serve and take a leadership role in learning about the opportunities the Act supports, we can really make a difference. For more information, please go to www.energize.com/not/2009/09may.html, and you will find details from Susan Ellis regarding the *Serve*

America Act. There is also information regarding funding opportunities at <http://www.grants.gov>, and http://www.nationalservice.gov/for_ropganizations/funding/indeax.asp.

One final reminder - be sure to register for the MHA Conference at Tan-Tar-A, which will be November 4-6, 2009. Registration begins September 8th, however, it's not too early to make your hotel reservations. Also, MAHVRP scholarship applications for this conference are now available on our web site, www.mahvrp.org.

See you at Tan-Tar-A!



Kathy Hoff, Volunteer Coordinator
Children's Mercy Hospital, Kansas City

- "Auxiliaries & Directors of Volunteer Services Working Together: Understanding One Another's Journey to Enhance a Caring and Productive Environment" – Panel Discussion- Facilitator: Lynn Hardy, Children's Mercy Hospital, Kansas City, MO
- "Taking Smart Risks: Savvy Ways to Boost Your Creativity and Grow Your Program", Shari Peace
- MAHVRP Dinner – Domenico's, Osage Beach, sponsored by Life Uniform
Friday, Nov 6
- MHA General Session – "The Unsung Hero – The Caregiver", Lee Woodruff

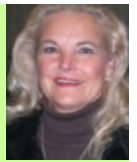
- New Board Member Meeting in Black Bear Restaurant
Please send me notification by October 9 at ldmcintosh@freemanhealth.com if you:

1. Plan to attend the conference
2. Need a reservation for lunch at the Black Bear Restaurant

Need a reservation for dinner at Domenico's

(Anyone is welcome at the lunch; however, only MAHVRP members are eligible to attend the Life Uniform sponsored dinner at Domenico's)

Barb Hutchison will be notifying you about the silent auction and 50/50 Drawing. Looking forward to seeing you at Tan Tar A!



News from the Regions...Region 1 Kicks Off the Year with ZEST

A number of Region 1 members are planning to attend National AHVRP conference in Phoenix the end of August. And this "Western Missouri Group" is looking forward to working with our counterparts in St. Louis in 2010 to make next year's con-

ference in the state of Missouri the best conference ever!
The next Region 1 meeting will be held on September 30 from 4:30 to 6PM. Details regarding the meeting and meeting location will be emailed to Region 1 members early in September.

Jeri Grimes,
CAVS

MAHVRP Region 1
St. Joseph Medical Center, MO



Region 2, Host Region for AHVRP Conference 2010 looks forward!

Region 2 looks forward to an exciting year of preparation as the 2010 AHVRP Annual Convention in St. Louis is right around the corner. Remind your Auxiliaries and Volunteers that we will need their assistance as guides and greeters September 30 to October 3, 2010 at



Dee Coppeans, St. John's Mercy
Hospital, Washington, MO,
MAHVRP Region 2 Representative

the Hyatt Regency in Downtown St. Louis. Let's all work together to make Missouri shine to the nation.

Our next Region 2 meeting will be held September 18 at 1 p.m. at St. John's Mercy Hospital in Washington. Topics will include volunteer departments flourishing under budget changes, and

the rise in unemployment affecting the healthcare volunteer industry. The meeting will be followed by a visit to wine country, as attendees desire.

I look forward to hearing about National and seeing everyone at Tan-Tar-A for Fall conference. These conferences are always informative and fun!

Once again for this session, **Missouri's lawmakers** were making decisions on insurance coverage for this year's Missouri Association Hospital Auxiliaries (MAHA) State Project Autism Awareness. The Senate branch previously passed Senate Bill 167 and was awaiting the outcome of House Bill 357, which did not pass this session. However, on July 17, 2009 the Speaker of the House, Ron Richard, R-Joplin, announced the appointment of an Interim Committee on Autism Spectrum Disorders to fully review the issues and make recommendations for next session. R-St. Louis, Dwight Scharnhorst, was appointed chair of the committee. For a full list of committee members or to view current proposed or newly voted legislation, visit the Missouri House of Representatives website, <http://www.house.mo.gov/>. For Missouri Senate news, visit <http://www.senate.mo.gov/>.

On Sunday, September 20, 2009 at The TR HUGHES BALLPARK in O'FALLON Senator Scott Rupp and Senator Eric Schmitt are planning an Autism Insurance Reform Rally. This is a free

event open to anyone interested in learning more about promoting Autism Insurance Reform. The day includes family fun with the Dave Glover Band, informational booths, and carnival type activities for all ages. Complete details of the event can be found at www.moautismbill.com.

In **national legislative matters**, this year's top issue is President Obama's Comprehensive Health Care Reform for the United States. Below are the administration's highlighted points for reform as quoted from the White House website http://www.whitehouse.gov/issues/health_care/.

- Reduce long-term growth of health care costs for businesses and government



**Tina Pridgeon, MAHVRP Legislative Chair
Phelps Co. Reg. Med. Center
Rolla, MO**

- Protect families from bankruptcy or debt because of health care costs
- Guarantee choice of doctors and health plans
- Invest in prevention and wellness
- Improve patient safety and quality of care

- Assure affordable, quality health coverage for all Americans

● Maintain coverage when you change or lose your job

- End barriers to coverage for people with pre-existing medical conditions

More information on the President's plan can be found at www.HealthReform.gov.

Region 4 update...

Region 4 met on Friday, May 22 at Freda Mae's Tea Room in Pierce City, MO. We discussed a variety of topics, including the upcoming fall and national conferences. Eight members were in attendance. The next meeting will be held on

Wednesday, Sept. 2 at St. John's in Springfield, Mo.



**Janell Patton, CAVS
Region 4 Rep
Cox Monett Hosp.
Monett, MO**

One way to judge our effectiveness as a leader is by the amount of honest feedback that we get.

John Fitzgerald

Greetings from Region 5...

MAHVRP District 5 Report-Aug, 2009

Hope you are all enjoying your Summer and that your youth volunteer programs were a success. I noticed in my areas the youth set the bar high this year with their enthusiasm and willingness to do whatever was asked. I had many returning older youth, as jobs for teenagers were limited this Summer.

District 5 had a meeting Thur. June 11

in Columbia. We had a small group but enjoyed networking, and helping each other with some problem solving ideas while slurping on an ice cream treat. I provided several handouts along with information on a few websites that have good volunteer program ideas.

Our next meeting will be Wed. Sept. 30 from 2-4



**Kay Steward, CAVS, MAHVRP
Region 5 Representative,
University Hospital and Clinics,
Columbia, MO,**

pm again in Columbia. We will meet at Columbia Regional Hospital Conference Center. I'll bring information on volunteer software, JCAHO requirements, and we will be discussing national conference.

Hope you can attend!

Check out our website:
www.mahvrp.org

Midwest Association of Volunteer Resource Professionals, Serving the entire Midwest region.

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**Save the Date: November 4-6,
MHA and MAHA Conference at
Tan Tar A**

MAHVRP

Midwest Association for Healthcare
Volunteer Resource Professionals

Nominating Committee Report:

Thanks to Judy Constable, Barbara Fradkin and Doriann Houston, members of the 2009 Nominating Committee. The committee finished their work early and presented the Proposed 2010 Slate at the August MAHVRP Board meeting.

We plan to utilize online voting again this year so watch your emails early October for online voting ballots. Please take the time to cast your vote. Results will be announced and installation of officers and committee chairs will be held at the Fall Conference in Tan-Tar-A.

Beverly Taulbee, Chair
Nominating Committee

MAHVRP Scholarship Information

Information regarding MAHVRP scholarships is available at www.mahvrp.org. Scholarships are generally available for the Missouri Hospital Association conference; the MAHVRP spring conference and the Annual AHVRP National conference. Check out the website for qualifications and to obtain an application.

HOT TIME at AHVRP conference! By Lynn Hardy, Editor

The vistas and aromas of the Arizona desert floated around us at the lovely AZ Biltmore last week at the annual AHVRP conference. The Native American Yellow Bird dancers thrilled the crowd as they displayed lovely costumes and their unique dance moves at the opening ceremony. The opening prayer was Native American and called upon the "Great Spirit" to be with conference attendees as they learned and celebrated life. The "Great Spirit" was indeed with conference goers as they experienced inspirational sessions about all aspects of volunteer management from budget concerns to the complexities of volunteer supervision and leadership. As always the attendees learned from the excellent speakers from all over the country as well as from each other. Although attendance numbers were down from previous years, the level of appreciation and enthusiasm in general

were at an all time high.

Thirteen MAHVRP members from Springfield, St. Joseph, Jefferson City, Columbia, St. Louis and Kansas City were in attendance. Another potential MAHVRP member from Poplar Bluff was also in attendance..."we're always recruiting!" Kevin Ellis, with the VA hospital in Poplar Bluff, MO became an enthusiastic part of all MAHVRP activities at conference. We appreciated having him be a part of our group! The MAHVRP contingent shared a special dinner at Frank and Albert's in the Biltmore and "loudly" practiced their invitational skit for 2010 Conference in St. Louis.

Children's Mercy Hospital, Kansas City, MO was presented the AHVRP

Award for Excellence in Volunteer Programming for their "Kid's Night Out" program; a group of evening activities provided by volunteers and Child Life staff that allow hospitalized children the opportunity to enjoy some "normal time" having fun. Stacey Koenig, Director of Volunteer Services, accepted the award on behalf of Children's Mercy.

On Saturday morning in AZ, the center stage turned RED with St. Louis Cardinal's tee shirts and baseball caps as the MAHVRP contingent sang an invitation to all conference attendees for next year's event in St. Louis. It is hoped that the cheers that followed will indicate the great attendance that will occur for AHVRP Conference next year...as we follow the theme for 2010: "Navigating our Future Through a Changing Frontier."